

**North Providence Pool & Fitness Center**  
**1810 Mineral Spring Avenue, North Providence, RI 02904**  
(Located behind the library)  
**401-353-7007**

**American Red Cross Learn to Swim Program**  
**Megan Giammarco, Aquatic Director**

**Baby and Me** This class is taught for 30 minutes with instructors and parent or guardian in the shallow end of the pool. Children are between 6 months old to 3 years old. Parent or Guardian are taught support and holding techniques, water safety and how to assist children.

**Preschool** This class is taught for 30 minutes with instructors on the teaching platform in the shallow end. Children are 3 and 4 years old and must be 32 inches in height up to the chin. Children learn front float and back float with support, arm movement, kicking, enter and exiting the pool, how to use of life jacket and water safety.

**Level 1** – Introduction to Water Skills: The class is taught for 60 minutes with instructors on the teaching platform and in the shallow end. Child must be 32 inches in height up to the chin. Children learn to swim 15 feet without support to pass to Level 2.

**Level 2** – Fundamental Aquatic Skills: This class is taught for 60 minutes with instructors in the shallow end of the pool. The child must be able to swim 15 feet without support to be in this level. Skills taught: front and back glide, tread water, submerge head, swim wearing a life jacket, swim 20 feet, back float and back crawl without support to pass to Level 3.

**Level 3** – Stroke Development: This class is taught for 60 minutes in the deep end of the pool with instructors demonstrating from the deck and in the water. The child must be able to perform the skills of Level 2 before beginning this level. Skills taught: refine front crawl with rotary breathing, back crawl, elementary backstroke, and diving to pass to Level 4.

**Level 4** – Stroke Improvement: Class is taught for 60 minutes in a lane with instructors demonstrating from the deck and in the water. Children must be able to perform Level 3 skills to be in this level. Skills taught: endurance, breaststroke, butterfly, sidestroke, and open turns.

**Level 5** – Stroke Refinement: This class is taught for 60 minutes in a lane with instructors demonstrating from the deck and in the water. Children must be able to perform all the strokes and skills of Level 4 to be in this level. Skills taught: refine the strokes of Level 4, increase distance, front and back flip turns.

**Level 6** – Skill Proficiency Fitness Swimmer: This class is taught for 60 minutes in a lane with instructors demonstrating from the deck and in the water. Children must be able to perform all the strokes and skills of Level 5 to be in this level. Skills taught: refine the strokes, increase distance, and Personal Water Safety. OR Lifeguard Readiness: prepares swimmers to participate in more advanced courses such as Water Safety Instructor and Lifeguard Training.